

Fall Word Search

P S P G B G J L I H L W V G N
 U M T S L B P A W O S E O H S
 F G Z P Z X T V R S B P G H E
 H I J I A R R T I T F N U V J
 Z A O T T C N S I S O Q I N S
 C S Y O I O T L E I I C S O E
 T S E X C R E I T N N O E I P
 Q X K W X X S P V F I J N T T
 I W F Y Z V I N H I E O Q N E
 S S E N E R A W A E T A R E M
 L D U R C D Q L K J G Y R V B
 L E G S O D E K Q K U G Q E E
 A I E S I C R E X E W G O R R
 F R K I G B A L A N C E A P Q
 P W D H X P Y T E F A S C Z J

Activity
 Awareness
 Balance
 Control
 Exercise
 Fall
 Fear
 Prescription

Prevention
 Safety
 Senior
 September
 Shoes
 Tips
 Vision

Balance Exercise

Try standing on one leg for 30 seconds while holding the back of a chair or leaning on a wall or counter. Alternate legs. Work up to balancing without any support. Slowly increase time on each leg.



Getting up from a Fall

If you fall, don't panic! Take a deep breath, think about your situation and decide if you're injured. If you are, call **9-1-1**.

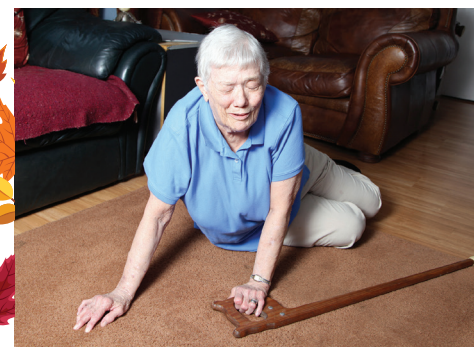


If you feel strong enough, try getting up this way:

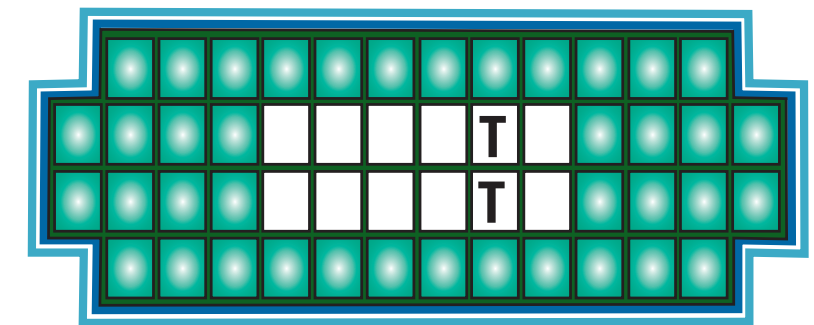
1. Roll onto your side, then onto hands and knees.
2. Crawl to something stable, like a chair and place both hands on the seat.
3. Slowly, push yourself up, bending whichever knee is stronger.
4. Slowly turn to sit in the chair.

Practice Builds Confidence!

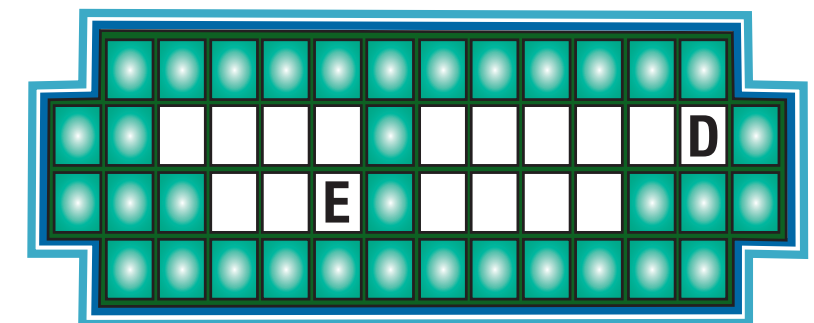
Practice getting up from the floor at least once per week. Don't wait until you fall to figure out how to get up. If you practice, you'll be surprised how easily you can get up when needed. If your balance is unsteady, have someone nearby when you practice.



Falling Phrases



NURSERY RHYME



CHILDREN'S SONG

Dietary recommendations to maintain muscle mass:

Consume 30 grams of protein three times a day (breakfast, lunch, supper). Try to get 30 grams of protein at each meal.

Also, take a Vitamin D supplement!

Good sources of protein include: cheese, cottage cheese, milk, meat, (chicken, fish), yogurt, eggs, beans.



1-866-468-787 www.lifelonglinks.org



www.biaia.org, 855-444-6443



www.iowaaging.gov



www.idph.iowa.gov

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Fall Prevention Awareness

Falls are NOT a natural part of aging!

Six things YOU can do to prevent falls:

1. Regularly review your medicines with your doctor or pharmacist.

As we age, the way medicines work can change, making you sleepy or dizzy, causing you to fall.

2. Talk to your health care provider.

Ask about your falling risk and share any recent falls.

3. Have your vision checked at least once a year.

Poor vision can increase your chance of falling.

4. Talk to your family members.

Enlist their support in taking simple steps to stay safe.

5. Exercise to improve balance and strength.

Exercises that improve balance and strengthen legs lower your chance of falling, and make you feel more confident. Contact your local community or senior center for information on exercise, fall prevention programs or options for improving home safety.

6. About half of all falls happen at home. Make your home safer:

- ▶ Remove items you could trip over.
- ▶ Remove throw rugs or tape down the rugs to keep from slipping.
- ▶ Keep items you use often within easy reach. Avoid step stools.
- ▶ Install grab bars near and inside the tub and next to the toilet.
- ▶ Use non-slip mats in the bathtub and shower.
- ▶ Improve lighting in your home. As you get older, you need brighter lights to see well.
- ▶ Install handrails along all staircases
- ▶ Wear shoes inside and outside. Avoid going barefoot or wearing slippers.



Iowa Falls Prevention Coalition

www.idph.iowa.gov/falls-prevention

